



# JANUARY 2019



<p>MO – meatless option NCS – no concentrated sugar SF – sugar free <i>* contains pork</i></p>	<p><b>1 – Tuesday</b> <b>New Year's Day</b></p>  <p><b>Senior Center Closed</b></p>	<p><b>2 – Wednesday</b></p> <p>BBQ Chicken Breast Baked Sweet Potato Whole Wheat Bread Tropical Fruit Cake</p> <p><b>MO – Black Bean Burger</b> <b>NCS – SF Pudding</b></p>	<p><b>3 – Thursday</b></p> <p>Tuna Salad Sandwich on Whole Wheat Bread Tomato Soup Chickpea Salad Pears Frosted Churro Cake</p> <p><b>MO – Egg Salad</b> <b>NCS – SF Cookie Packet</b></p>	<p><b>4 – Friday</b></p> <p>Enchilada Casserole Cauliflower Confetti Corn with Black Beans Mandarin Oranges Apple Sauce Bar</p> <p><b>MO – Bean/Cheese Burrito</b> <b>NCS – Cinnamon Apple Sauce</b></p>
<p><b>7 – Monday</b></p> <p>Beef Stroganoff over Egg Noodles Stewed Tomatoes Pea Salad Fruit Cocktail Ice Cream</p> <p><b>MO – Soy Stroganoff</b> <b>NCS - Apple</b></p>	<p><b>8 – Tuesday</b></p> <p>Tuna Casserole Roasted Baby Carrots Pickled Beets Banana Blueberry Crisp</p> <p><b>MO – Veggie Wrap</b> <b>NCS – SF Cookie Packet</b></p>	<p><b>9 – Wednesday</b></p> <p><b>Pork Loin*</b> in Gravy Roasted Potatoes, Carrots, and Onions Spinach Dinner Roll Chunky Applesauce Cake</p> <p><b>MO – Garden Burger</b> <b>NCS – SF Pudding</b></p>	<p><b>10 – Thursday</b> <b>Peculiar People Day</b></p> <p>Chicken Strips Green Beans Mixed Green Salad Dinner Roll Fruit Cup Apple Crisp</p>  <p><b>MO – Hummus and Pita</b> <b>NCS – SF Ice Cream</b></p>	<p><b>11 – Friday</b></p> <p>Taco Pasta Casserole Broccoli Cauliflower Pineapple Sherbet</p> <p><b>MO – Red Beans and Rice</b> <b>NCS - SF Ice Cream</b></p>
<p><b>14 – Monday</b> <b>Coming of Age (Japan)</b></p> <p>Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie</p>  <p><b>MO – Hummus Wrap</b> <b>NCS – SF Jell-O</b></p>	<p><b>15 – Tuesday</b></p> <p>Chicken, Lettuce, and Tomato Sandwich on Whole Wheat Bun Cheesy Potatoes 4 Bean Salad Orange Cake</p> <p><b>MO – Cheese and Tomato Sandwich</b> <b>NCS – SF Cookie</b></p>	<p><b>16 – Wednesday</b></p> <p><b>Meatballs*</b> in Gravy Mashed Potatoes California Blend Dinner Roll Tropical Fruit Ice Cream</p> <p><b>MO – Veggie Meatballs</b> <b>NCS – SF Ice Cream</b></p>	<p><b>17 – Thursday</b></p> <p>Sloppy Joe on Whole Wheat Bun Kidney Bean Salad Mixed Vegetable Banana Cake</p> <p><b>MO – Soy Sloppy Joe</b> <b>NCS – SF Jell-O</b></p>	<p><b>18 – Friday</b></p> <p><b>Ham*</b> Scalloped Potatoes Green Beans Corn Bread Fruit Juice Pie</p> <p><b>MO – Cheese Sandwich</b> <b>NCS - Spiced Apples</b></p>
<p><b>21 – Monday</b> <b>Martin Luther King, Jr.</b></p> <p>Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Fruit Cup Cookie</p>  <p><b>MO – Veggie Mac Salad</b> <b>NCS – SF Cookie</b></p>	<p><b>22 – Tuesday</b></p> <p>Meat Sauce over Spaghetti Noodles Wax beans Mixed Green Salad Peaches Brownie</p> <p><b>MO – Veggie Meat Sauce</b> <b>NCS – SF Pudding</b></p>	<p><b>23 – Wednesday</b></p> <p>Chicken White Bean Chili Tossed Salad Cornbread Fresh Orange Cake</p> <p><b>MO – Veggie Chili</b> <b>NCS – SF Jell-O</b></p>	<p><b>24 – Thursday</b></p> <p><b>Pork Loin*</b> in Gravy Mashed Potatoes Garden Blend Vegetables Whole Wheat Bread Mandarin Oranges Pudding</p> <p><b>MO – Multigrain Burger</b> <b>NCS – Cinnamon Pears</b></p>	<p><b>25 – Friday</b></p> <p>Lemon Baked Fish Baked Sweet Potato Tropical Fruit Whole Wheat Bread Cake</p> <p><b>MO – Veggie Wrap</b> <b>NCS – SF Cookie</b></p>
<p><b>28 – Monday</b></p> <p><b>Italian Sausage*</b> on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Ice Cream Cup</p> <p><b>MO – Veggie Meatballs</b> <b>NCS – SF Ice Cream</b></p>	<p><b>29 – Tuesday</b> <b>Curmudgeons Day</b></p> <p>Chili Baked Potato Banana Cornbread Rice Pudding</p>  <p><b>MO – Veggie Chili</b> <b>NCS – SF Jell-O</b></p>	<p><b>30 – Wednesday</b></p> <p>Turkey in Gravy Mashed Potatoes Broccoli Salad Cranberry Stuffing Cranberry Sauce Pumpkin Pie</p> <p><b>MO – Soy in Gravy</b> <b>NCS – SF Pumpkin Pie</b></p>	<p><b>31 – Thursday</b></p> <p><b>Pulled Pork*</b> on Whole Wheat Bun Creamy Coleslaw Carrot Raisin Salad Melon Slice Pudding</p> <p><b>MO – Egg Salad</b> <b>NCS – SF Pudding</b></p>	<p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</p>

# Salad Options for JANUARY 2019



## January 4

### **Chicken Taco Salad**

Shredded lettuce topped with seasoned diced chicken, diced tomatoes, green onion, cheese, salsa, black olives, sour cream, and tortilla strips

**Dressing:** none

**Meal items included:** Mandarin oranges, apple sauce bar, whole wheat bread

## January 11

### **Cordon Bleu Salad**

Mixed Greens topped with diced: chicken, ham, Swiss cheese, green peppers, and tomatoes

**Dressing:** ranch

**Meal items included:** pineapple, lime sherbet, whole wheat bread

## January 18

### **Harvest Salad**

Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta cheese, and croutons

**Dressing:** balsamic vinaigrette

**Meal items included:** grape juice, corn bread/butter, apple pie

## January 25

### **Pulled Pork Confetti Salad**

Shredded lettuce topped with shredded pork, tomatoes, cucumber, corn, and bacon

**Dressing:** ranch

**Meal items included:** tropical fruit, whole wheat bread, cake